

Safety Awareness Month

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Be Prepared

Do you know how to reach the nearest emergency exit? Do you know the fire escape procedures and nearest location of a fire extinguisher?

What Do You Know About Home Fire Safety?

(Test your knowledge; match the answer with the question)

- ___ Home smoke alarm batteries should be tested how often?
- ___ Where to keep matches?
- ___ The two main causes of house fires?
- ___ What to do if your clothing catches fire?
- ___ When not to use water on a fire?
- ___ Where to install smoke alarms?
- ___ The best way to leave a burning or smoke-filled building?
- 1. crawling on hands and knees
- 2. a grease or electrical fire
- 3. on every floor
- 4. once a month
- 5. out of reach of children
- 6. smoking and faulty electrical insulation
- 7. stop, drop and roll

(Answers: 4,5,6,7,2,3,1)

Holiday Safety

The Fourth of July is just around the corner and this celebration is filled with festivities, excitement, and fireworks. With careful attention to safety precautions, you can avoid the many hazards of fireworks.

Watching a Fireworks Show

Stay in the designated viewing area and approximately 500 feet from the fireworks launch. Avoid retrieval of shell fragments due to large amounts of dangerous explosives possibly remaining in the fragment. If the fireworks display happens to include a laser show, avoid viewing the laser source directly. Laser light may seriously damage your eyes.

Fireworks Safety at Home

Read and follow the directions every year for each type of firework. Avoid lighting fireworks inside a can, bottle or any closed container. Keep a bucket of water close by for emergencies and duds. Ignite one firework at a time and stand back quickly from the lit source. Never attempt to relight or handle misfired or malfunctioning fireworks. Soak all firework fragments with water and dispose of them in a nonflammable container, picking them up with a shovel. Always read instructions for fireworks carefully and store them in a cool, dry place.

Don't Forget Fido...

Pets are often frightened by the loud noise made by fireworks, so please provide a safe, quiet environment for our four-legged friends.

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Safety Matters

Knowing the hazards, taking action to prevent risky situations and having a safe attitude are keys to safety both in and out of the work place.

Safety in the Work Place

Watch out for falls. Remove cords from your path, keep drawers closed and place boxes and furniture in their proper places. Clean up spills and report worn or loose carpet immediately. To prevent falls, keep your office tidy.

Guard Against Electric Shock

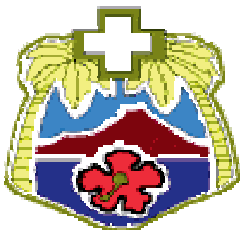
Check to insure that equipment is properly grounded. Check electrical wiring regularly and replace any faulty cords.

Learn to Lift

Bend your knees, hold the load close, straighten up using your legs and avoid twisting. Ask for assistance when lifting heavy or awkward loads.

Avoid Office Avalanches

Avoid stacking boxes and books. Use shelving for appropriately storing office items.



Tripler Army Medical Center



Hickam Air Force Base



American Red Cross Water Safety tips for children age's 6 months to 5 years.

Don't leave toys in the water:

Toys could lure a child back when a parent is not present.

Don't rely on substitutes:

Flotation devices and inflatable toys cannot replace parental supervision.

Enroll in a water safety course with your child:

Your decision to provide your child with an early aquatic experience is a gift that will have infinite rewards.

Encourage safe practices:

Don't assume young children will use good judgement and caution around the water. Remind children to walk slowly in the pool area and only to enter the water with you.

Look for the label:

Use Coast Guard-approved life jackets for yourself and your children when boating and fishing.

Watch the weather:

Know local weather conditions and prepare, stop swimming or boating as soon as you see or hear a storm.

To prevent a child from drowning, there is NO substitute for parental supervision. Drowning is not accompanied by loud noises or splashing sounds...Drowning Is Silent!

Internet Resources

City and County Ocean Safety and Lifeguard Services Division

Find out where Hawaii's guarded beaches are...

www.aloha.com/~lifeguards/

Honolulu Police Safe and Secure

Get safety tips and information

www.honolulu.gov/safety/index.htm

National Safety Council

Get safety tips, health and environmental information

www.nsc.org/

Naval Safety Center

Learn about safety

www.safetycenter.navy.mil

Post These Telephone Numbers At Home!

Hawaii Poison Center on Oahu

941-4411

The Parent Line **526-1222**

This newsletter was produced by the Tri-service Health Promotion Centers and printed compliments of the Queen's Health Care Plan. The Health Promotion Centers provide health risk assessments for Military enrollees of TRICARE Prime and Tripler Silver participants. Assessments are based on lifestyle and heredity. Appointments include health counseling regarding what actions can be taken to improve one's health and prevent most diseases. For more information please contact your local Wellness Center.

"This Month's Focus" Self Care

Self-Care Programs

Get information on the following:

- ♦ "Over the Counter Pharmacy"
- ♦ Receive a Self-Care Handbook

Please call the telephone numbers listed below to register for a class.

"Partners In Care"

Hickam AFB

448-6000, press "2" for primary care and to register.

"Partners In Wellness"

Schofield Barracks

Every Tuesday at 1:00 p.m.

433-8675 to register.

Self-Care Class

Naval Medical Clinics

Call the Branch Medical Clinic to make an appointment.

Makalapa 473-0247

Kaneohe Bay 257-2155 xt.115

Tripler's Self-Care Class

Tripler Army Medical Center 433-3422

For further information, contact your Wellness Center

Tripler AMC 433-1472

Schofield Barracks 433-8675

Hickam AFB 448-HAWC

Naval Medical Clinic
Pearl Harbor 472-8555